

Title: 22 Days to Shut Down the Old You Subtitle: The Uphill Journey That Changed Everything

Preface

What you're about to read is not a diet plan, a motivational speech, or a gimmick. It's a lived story. One that started in silence, surrounded by doubt, and ended 22 days later with a quiet transformation.

This isn't for everyone. It's for people who've looked in the mirror and wanted to look away.

Day 1 — The Mirror

It was sometime after COVID. The world was still trying to remember how to breathe, and I was still trying to recognize the person in my reflection.

The heat that summer was unbearable. I stood shirtless in front of the mirror. My body felt foreign heavy, tired, swollen with regret. But what stung most wasn't how I looked. It was the feeling that I'd let go. That I had become someone I never meant to be.

I said it out loud:

"I have to get rid of this. I don't care what it takes."

And weirdly, I was lucky or maybe fate gave me one last chance. The neighborhood I lived in was full of uphill roads. Steep, unforgiving, and waiting.

So I stepped outside. And started running. No scale. No plan. Just sweat, breath, and a silent promise to myself.

Step 1: Set a Clear Goal

Forget vague dreams. You need a number. A weight. A finish line. Not because numbers matter — but because your brain needs something solid to hold onto when everything inside you wants to give up.

Imagine it. Feel it. See it.

And then chase it.

Step 2: Run Uphill Every Day

Yes, uphill. Real roads. Real sun. Real air. Or a treadmill, if you have to just raise the incline.

And here's the only rule:

Do it every day. No excuses.

Not because it's easy. But because your body and your mind need consistency more than they need comfort.

No rest days. No skipping. No negotiation.

You're not running for fitness. You're running for your life.

Step 3: Eat Like You Respect Yourself

I'm not a dietitian. I won't tell you what to eat. I'll just tell you what I did.

Breakfast:

- A few boiled eggs (depends on your weight)
- A handful of fresh greens — parsley, mint, spinach
- No bread. No pastry. No dough.
- No fried or oily food.

Dinner:

- Small. Light. Never eat until full.
- Again: No bread. No dough. No fried food.

General Rules:

- Two meals a day: breakfast and dinner.
- If you're hungry between meals, snack on raw fruits or vegetables.
- Avoid processed food. Avoid sugar. Avoid the lie that one bite won't hurt.

Most Important:

- Water. A lot of it.
- Every hour. Every time you crave. Drink.

Step 4: Start the Run

Your first day matters. Not because it's special but because it proves you're serious.

Start slow. Don't stop.

Let me say that again: Don't stop. You can slow down, you can walk, but you can't stop because stopping cools your muscles and kills your momentum.

Want a small boost? Eat one piece of dark chocolate (60% or higher cocoa) before the run. It helps. Not magic. Just enough.

How Long to Run:

- Minimum: 20 minutes
- I did 40–45 minutes daily

The Rule: No Mirrors. No Scale.

Don't look at your body. Don't weigh yourself.

Why? Because doubt is a seed. And the moment you see less progress than you hoped even if your body is changing you'll start negotiating with your old self.

And you're trying to shut that version down.

No mirrors. No weight checks. Just the run.

Do This for 22 Days. No Less.

You might lose 11kg like I did. Or 5kg. Or maybe more. That's not the point.

The point is: you'll feel alive again.

Your body will hurt. Your mind will resist. And people around you might not support you. In fact, some will laugh. Others will doubt. Some might even try to sabotage you.

Ignore all of it. No one's coming to save you. But you don't need saving. You need motion. Discipline. And a damn good reason to keep going.

Final Words

I didn't write this for likes. I didn't write it to sell you anything.

I wrote this because I woke up one day, looked in the mirror, and hated what I saw. And no one, absolutely no one was there to help. Some tried to pull me down further.

But I ran anyway. Uphill. Alone.

And after 22 days, I met someone new in the mirror.

If you saw yourself in these words you're not alone.

We're already running together. You just didn't know it until now. And I left everything I lived down below:

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